

Shelby Bottoms Nature Center

Fall 2014 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat — 9 am to 4 pm
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245

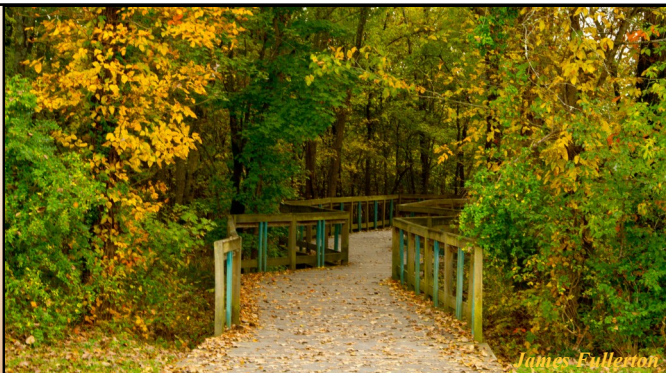


Email: shelbybottomsnature@nashville.gov

Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



From the late summer and early fall wildflowers splashing fields in shades of yellows, whites, pinks and purples; to the crimson, maroon, orange, and gold of the trees; to the crisp and clear blue of a bright fall sky; we are awash in color each fall in Tennessee. How lucky we are — the humidity goes down, temperatures go down,

and color abounds! It makes a perfect time to get out and enjoy hiking, biking, camping, birding, photography, paddling, playing in leaves, visiting Nature Play with the kids...and just about anything else!

We have much of that in store for the fall, so come on over and relax, rejuvenate, and connect with nature in East Nashville's urban nature preserve!

SEPTEMBER

Sip and See: Hummingbird Happy Hour

Tuesday, September 2
5—6 pm
All ages
Registration required

Join us on the back porch for lemonade and hummingbird viewing! We will learn more about this delicate, yet mighty creature.... And hopefully spot a few at our many feeders!
Leader: Christie Wiser



Hummingbird Banding

Friday, September 5
8:30—10:30 am
All ages
Registration not necessary

Join Master Bander Sandy Bivens for a morning of all things hummingbird. Learn a bit about hummers and about the delicate yet precise way these tiniest of birds are scientifically marked for bird research and conservation. If we are lucky, we might catch one for up close and personal observations.
Leader: Sandy Bivens and SBNC Staff

Dragonflies



Friday, September 5
1—2 pm
Pre-K
Registration required

Don't miss out on this fun introduction to dragonflies for our mini-naturalists! We will read a story, play with puppets, make a craft and explore outdoors!
Leader: Christie Wiser

Cumberland River Dragon Boat Festival

Saturday, September 6
8 am—3 pm
All ages
Registration not necessary



Join us in **DRAGON LAND Children's Area** for the eighth year of Nashville's coolest riverfront event! With origins dating back more than 2300 years, dragon boat racing is a fun, unique cultural event featuring adrenaline-pumping action. Teams race in authentic 46-foot long Hong Kong style dragon boats. They rave about the excitement, friendly competition and community spirit surrounding the sport. All ages, skill levels and physiques perfect their stroke and timing for the ultimate teamwork experience!

We'll be there along with other organizations offering activities for the kids! So come by to watch the races and have fun with the kids. Want to learn more or to be a paddler in a dragon boat? Got to <http://nashvilledragonboat.org> or contact our friends at the [Cumberland River Compact](http://CumberlandRiverCompact.org), which benefits from these races at 615-837-1151 or carolyn.wright@cumberlandrivercompact.org.



Call 862-8539 or [email shelbybottomsnature@nashville.gov](mailto:shelbybottomsnature@nashville.gov) to register for programs.

Programs could be cancelled due to inclement weather or low participation.

Shelby Bottoms Nature Center 1900 Davidson St Nashville, TN 37206 615/862-8539
www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx





Canoe/Kayak Trip



Sunday, September 7
Morning—Call for time
Ages 12+
To register, call:
(615) 429-3549
Duck River

Join us for a staff-led paddling trip on the Duck River. Trips are open to all skill levels. We focus on safety, having fun, and educating participants about the activity/skills and surrounding environment.
\$25 per participant and includes boat, gear and shuttle.
Leaders: Neel Deshpande and John Michael Cassidy

Wildflower Walk

Friday, September 12
9—10 am
All ages
Registration required

Join us for a short walk to a large meadow with plentiful wildflowers. We'll have great photo opportunities and a little snack on the porch to follow.
Leader: John Michael Cassidy and SBNC staff

Body Works



Saturday, September 13
9—9:50 am
AND
Saturday, September 27
9—9:50 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Space is limited so reservations are required. Please bring your yoga mat, a small towel and a bottle of water.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
Donations requested.

Instameet @shelbybottoms

Thursday, September 18
5:30 - 7 pm
All ages
Registration required

Bring your smartphone, learn some photo tips, and visit some photogenic spots in Shelby Bottoms.
Leader: John Michael Cassidy



Moms Morning Stroll



Friday, September 19
9:30—11 am
All ages
No registration necessary

Bring the baby and join a naturalist for an easy stroll around the Bottoms for some adult company and a bit of learning about nature. Nothing difficult or fancy; just time for moms. We'll enjoy the hike and learn about whatever's around us.
Leader: Denise Weyer

Mother Earth TLC Day

Saturday, September 20
9:30-11:30 am
All ages
Registration required

Did you know that September 21st is International Gratitude Day? To celebrate it we are going to spend Saturday morning showing Mother Nature how grateful we are for her! We will partake in some trail clean up followed by refreshments and information about how other cultures show Mother Nature they care.
Leader: Sarah Gilmore

Nature Painting Night Series: Fall Equinox

Tuesday, September 23
6—8 pm
Ages 21+
Registration required
\$25 materials fee

Let the beginning of Autumn inspire you! All skill levels are welcome. \$25.00 materials fee includes canvas, paint, some beverages and snacks.
Leader: Christie Wiser



New Moon Bike Ride

Wednesday, September 24
6:30—8 pm
Ages 18+
Registration required

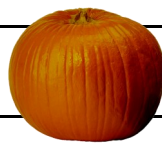
We will ride along the Shelby Bottoms Greenway area and look/listen for active wildlife. Free bike rental available if needed.
Leader: John Michael Cassidy

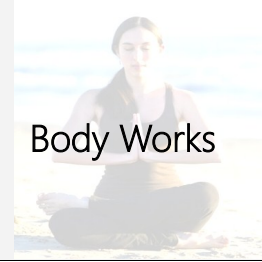



Jazzy Bottoms Sunset Soirée Part II



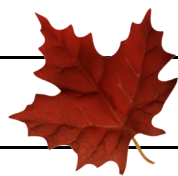
Friday, September 26
7—9 pm
All ages
No registration necessary

In August local band [Gilded J](http://GildedJ.com) serenaded us with jazz standards along with some originals and we enjoyed it so much that we are having them back again! Bring a blanket, a picnic dinner, your friends, family and pets! We will have dessert, refreshments and fun crafts for all to enjoy.
Host: Sarah Gilmore



Meditation in the Park	Saturday, October 4 10—11 am Ages 18+ Registration required	Come learn to connect to what your mind is capable of achieving. This class focuses on mediation for mental balance and stress relief. You're welcome to bring a cushion or lawn chair on which to sit. Instructor: Dan LaVelle, M.S., CHt— Music City Hypnotherapy
Happy Harvest Ice Cream Making	Saturday, October 4 12—2 pm All ages Registration required	It's time to clean out the garden and put it "to bed" for the winter. Let's make some fun ice cream flavors with our fall harvest.... Pumpkin Ice Cream it is! Leader: Christie Wiser
Fall Break Fire-Building & S'mores	Thursday, October 9 9—10:30 am Ages 7+ Registration required	We will discuss proper fire-building skills and safety. Once the fire is ready for cooking, we will roast some s'mores. Leader: John Michael Cassidy
 Body Works	Saturday, October 11 9—9:50 am Saturday, October 25 9—9:50 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Please bring your yoga mat, a small towel and a bottle of water. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
Flower Fun 	Saturday, October 11 1—2 pm Ages 13+ Registration required	Do you ever feel guilty throwing away wilted flowers that used to be in your vase? Come learn about the many uses flowers and their petals can be used for and make your own examples to take home! Leader: Sarah Gilmore
Pumpkin Carving and Movie Time	Friday, October 17 6—8 pm All ages Registration required	Let's celebrate fall and the harvest by carving pumpkins on the back porch while a spooky nature themed movie plays! Popcorn and apple cider provided. Leader: Christie Wiser
Fall Colors Hike: Shelby Park	Saturday, October 18 9:30—11 am All ages Registration required	We will seek out some colorful areas, updated phases of the park master plan, and make it back to SBNC for some midday snacks at the <i>Amazing Apples</i> program. Leader: John Michael Cassidy
Amazing Apples 	Saturday, October 18 11 am—1 pm All ages No registration necessary	We tend to think of apples as red, but apples can be green or even purple! Stop by the nature center today to grab some homemade apple cider and learn about this fascinating fruit. Leader: Sarah Gilmore
Fall Colors Float: Harpeth River Canoe/Kayak Trip 	Sunday, October 19 Call for time Ages 12+ To register call: (615) 429-3549 Harpeth River	Join us for a staff-led paddling trip on the lower Harpeth River. Trips are open to all skill levels. We focus on safety, having fun, and educating participants about the activity/skills and surrounding environment. \$25 per participant: Includes boat, gear and shuttle Leaders: Neel Deshpande, John Michael Cassidy
Nature Painting Night Series: The Moon	Thursday, October 23 6—8 pm Ages 21+ Registration required	All skill levels welcome. \$25.00 materials fee includes canvas, paint, some beverages and snacks. Leader: Christie Wiser





Owl-o-ween!

with



Saturday, October 25
1—3:30 pm
All ages



[Walden's Puddle](#) would like to invite all wildlife lovers to an afternoon of old fashioned fall carnival games, activities, and costume contests at our 7th annual Owl-o-ween. Free games, prizes and fun for all ages! There will be a visit from our very own Walden's Puddle Wildlife Ambassadors featuring creatures of the night.

Jazzy Bottoms Sunset Soirée Part III

Saturday, October 25
5:30—7:30 pm
All ages
Registration not necessary

We are excited to have [Gilded J](#) back a third and final time! Come to the park and enjoy the autumn leaves while listening to some smooth jazz. Bring a blanket, a picnic dinner, your friends, family and pets! We will have dessert, refreshments and fun crafts for all to enjoy. In addition, we'll have the Native American Indian Association of Tennessee here to help us celebrate October's Native American Indian Month. Host: Sarah Gilmore

Fall Colors Float: Stones River Canoe/Kayak Trip

Saturday, November 1
Call for time
Ages 12+
To register call:
(615) 429-3549
Stones River

Join us for a staff-led paddling trip on the lower **Stones River**. Trips are open to all skill levels. We focus on safety, having fun, and educating participants about the activity/skills and surrounding environment. \$25 per participant includes boat, gear and shuttle.
Leaders: Neel Deshpande, John Michael Cassidy

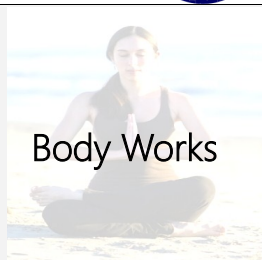
Star Party with



Saturday, November 1
7—9 pm
All ages
Registration not necessary

Join us with our partners, the [Barnard Seyfert Astronomical Society](#), for an open house style event held outside of the nature center in the event field. Astronomers from BSAS will have telescopes on hand to view the heavens. Bring your best questions! Cancelled if the weather is not suitable.

Body Works



Saturday, November 8
9—9:50 am

Saturday, November 22
9—9:50 am

Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Please bring your yoga mat, a small towel and a bottle of water.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of [BestUWellness.com](#)

Fall Colors Bike and Hike



Saturday, November 8
10 am—1 pm
Ages 12+
Registration is required

Join us for a naturalist-led biking trip to Stones River Farm (7 miles from SBNC). We will hike to some points of interest on the farm and have a nice lunch break viewing river bluffs, ponds, and colorful trees. Participants should be comfortable riding 15+ miles and walking for less than hour.
Leader: John Michael Cassidy

Meditation in the Park

Saturday, November 15
10—11 am
Ages 18+
Registration required

Come learn to connect to what your mind is capable of achieving. This class focuses on mediation for mental balance and stress relief. You're welcome to bring a cushion or lawn chair on which to sit.
Instructor: Dan LaVelle, M.S., CHt—[Music City Hypnotherapy](#)

Great Gourds

Saturday, November 15
2—3 pm
All ages
Registration required

Learn more about this ancient vegetable that has many different purposes! You will even get to take home your own gourd to get your house "fall ready"!
Leader: Christie Wiser

Turkey Time.... Let's get Wild!

Tuesday, November 25
10—11 am
Pre-K
Registration required

There is no better time of year to celebrate Wild Turkeys! Join us for a story, a craft and perhaps a quick stroll around the nature center.
Leader: Christie Wiser



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